

Day 2 2 Minute PU/SU Apache & Back 4 miles	Day 3 10-15-10 PU 120 SU Laundry Ridge 3 miles	Day 4 3x10Dip 3x10 Pull up 100 SU Laundry Ridge	Day 5 2 Minute PU&SU Laundry Ridge	Day 6 Light Str 1 1/2mile 3mile AF Jog	Day 7 DAPFT	Day 8 50-40-30 PU &SU Laundry Ridge	Day 9 2 Minute P
Day 10 1 1/2 Jog 2x1/2 mile 1x1/4 Mile Sprints	Day 11 10-15-10 PU 100 SU Laundry Ridge Backwards	Day 12 Squad level 50-40-30 PU&SU 2 Mile Course	Day 13 3x10 Dip 3x10 Pull up 5 mile AF	Day 14 Light Str 1 1/2 Mile Jog	Day 15 RAPFT	Day 16 Sports PT Officer Coord	Day 17 3 1/2
Day 18 3x10 Dip 3x10 Pull Up 100 SU Laundry Ridge	Day 19 Instructor Led	Day 20 Make Up RAPFT					

\* 5 Day a week PT Personnel Only-Must achieve 70 per event and 225 total to qualify out of 5 Day a Week PT

PT Test Score carries over to MICCC, as does 5 Day a week PT standards for those on and off 5 Days a Week PT.

PT will be led by the Class PT Officer on a daily basis. PT Officer discretion on breaking down into Squads-no sn

Squad Leaders accountable for all people at the end of each PT session.

PT Officer responsible for getting Sleeping Mats from 1SG on all Nich Hall PT Days